THRIVE EMERGE

Intersectional Identity Reflection Worksheet
For Neurodivergent Teens & Young Adults

Instructions:
Take your time with these questions. There are no right or wrong answers. You can write, draw, or talk through them with someone you trust.

1. Who Am I?
- What identities do I hold? (neurodivergent, gender identity, sexual orientation, race/ethnicity, religion, etc.)
- How do these identities interact in my life?

2. What Parts of Myself Feel Celebrated?
- When do I feel proud of who I am?
- Where, when, and with whom do I feel most accepted and safe?

3. What Parts of Myself Feel Hidden or Unsafe?
- Are there identities I feel I need to hide or downplay?
- Who or what makes it hard for me to express these parts of myself?

4. How Does Neurodivergence Affect My Experience of Gender or Sexuality?
- Do sensory sensitivities, communication styles, or social processing shape how I think about relationships, attraction, or gender expression?
- Does my neurodivergence help me see gender and sexuality differently from others?

5. What Messages Have I Received About My Identities?
- What have I heard (from family, school, media, society) about people like me?
- Which of these messages feel supportive, and which feel hurtful or limiting?

6. How Does the Current Political Climate Affect Me?
- Have recent laws, news stories, or social attitudes made me feel more or less safe?
- What fears do I have about discrimination or losing rights related to my identities?

7. Where Can I Find Support?
- What communities, friends, family members, groups, or online spaces make me feel seen and valued?
- Are there organizations or hotlines I can reach out to if I need help or connection?

8. How Can I Take Care of Myself Right Now?
- What activities, routines, or people help me feel calm, hopeful, or empowered?
- What boundaries can I set with people or media that make me feel unsafe or drained?

9. What Do I Want Others to Know About Me?

- What would I share with someone who wants to better understand or support my whole self?